

Shonda Moralis, MSW, LCSW

Speaker. Author. Media Contributor. Psychotherapist. Coach.



Shonda Moralis, MSW, LCSW is on a mission to help busy people create sustainable life balance so they can play big without burning out. As a keynote speaker and trainer, she is praised for her evidence-based, actionable information, illustrative story-telling, and relatable, interactive presentation style.

She has presented for Olympus Corporation of the Americas, Sodexo, UPS Women's Leadership, Lehigh Valley International Airport, Lehigh Valley and Hunterdon County Chambers of Commerce, Office of the Federal Public Defender Harrisburg, Prof. Assoc. of Healthcare Office Management (PAHCOM), NAIBA (New Atlantic Independent Booksellers Association), EvolveHer Conference, The Da Vinci Science Center's Women in Science and Engineering (WISE), and more.

Founder of Breathe Mama Breathe & Co., Shonda offers virtual programs and live workshops for working professionals and moms. For over two decades, she has skillfully guided people through the ever-evolving seasons of life. Shonda lives in Pennsylvania with her husband and two kids, loves to play outside, endeavors to practice what she preaches, and is perennially fascinated by what makes people tick.

AS SEEN IN

Forbes



IHUFFPOST
Psychology Today



WORKING MOTHER

SIGNATURE TOPICS

✓ Life Balance for Busy People: Evidence-based Strategies for Sustainable Success

- How stress impacts our health, behaviors, and work performance
- Simple, evidence-based strategies to manage stress and overwhelm
- Tools to increase efficiency, productivity, and innovation
- How to respond more skillfully in challenging situations
- Quick methods to boost energy and happiness

✓ Losing My Mind(fulness): 5-Min. Sanity Savers for Busy Moms

- Learn stress-reduction practices easily incorporated into a full life
- Create sustainable healthy habits and recalibrate balance
- Uncover tools to boost energy, efficiency, and sense of ease
- Respond more skillfully to meltdowns
- Learn to notice and savor more of the beautiful moments



Find Calm and Feel Connected
Anytime, Anywhere

Engaging, educational keynote conversations packed with micro-tools to banish burnout and build sustainable life balance.

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